

CSA Newsletter



Week 21:
10/25/16 & 10/27/16

Box contents

Small share:

2 heads cauliflower
1 bag carrots
1 red onion
1 yellow onion
2 heads garlic
1 shallot
1 cabbage
1 bunch kale
Small lettuce heads
2 ½ lb. Red Norland potatoes
1 bag broccoli shoots
Cherry tomatoes
1 bunch parsley

Farm News

Welcome to the extended CSA! We're glad you're joining us for one extra week to take advantage of all the great veggies we still have growing in the field. We're starting to wind down for the season, which means harvesting some fall crops, prepping the beds for winter, organizing the barn, and preserving food. One big project we tackled over the weekend was planting garlic for next year. We save our own seed garlic to plant. The biggest cloves get planted for next summer's heads, and the smaller cloves are planted to harvest in the spring as green garlic. Our fall cauliflower was a little slow to mature, but we now have a bounty of beautiful heads to share with the extended CSA. One of our favorite ways to feature cauliflower as a main course is in cauliflower tacos, which happens to use many ingredients from this week's box. See the recipes at right for the "cauliflacos" and a great slaw to go with.

We also had a major distraction last weekend which was finally getting a farm puppy! She's a rescue so we're not totally certain about her background, but we think she is about 9 weeks old and is mostly a German Shepherd. We were told she left the Carolinas because of Hurricane Matthew and made her way to a Wisconsin foster home. We're completely smitten with Senna and are excited to introduce her to future farm visitors!

Recipes & Storage Tips

Roasted Beer & Lime Cauliflower Tacos with Cilantro Coleslaw ("Cauliflacos")

1 head cauliflower (~1 lb.)
¾ cup beer *¼ cup vegetable broth*
1 T. lime juice *1 ½ tsp. soy sauce*
1 ½ T. hot sauce
2 cloves garlic, sliced
1 ½ tsp. chili powder
1 tsp. paprika
¼ tsp. ground cumin
¼ tsp. garlic powder
Pinch of salt
1 T. olive oil
½ yellow onion, chopped
6 corn tortillas
1 avocado, sliced

Quick Lime and Cilantro Slaw – see below!

Salsa

Preheat oven to 400°F. Chop cauliflower into small florets. In a saucepan, heat beer, broth, lime juice, soy sauce, hot sauce, and garlic over medium heat. Add cauliflower and simmer for 2 minutes. Drain. Toss spices, salt, and olive oil in a large bowl. Add cauliflower and onion and stir until coated. Put on a baking sheet and bake until browned (~20 minutes). Warm tortillas in oven or microwave and fill with cauliflower filling, avocado slices, slaw, and salsa.

Quick Lime & Cilantro Slaw

½ head cabbage (~½ lb.)
1 carrot
2 T. lime juice
2 T. rice vinegar
1 tsp. olive oil
1/8 tsp. salt
1/3 cup chopped cilantro (or substitute parsley)
Slice cabbage into very thin strips, no longer than 2 inches. Chop carrot into thin matchsticks of the same length. In a small bowl, mix lime juice, vinegar, oil, and salt. Add dressing right before eating and toss well. Add cilantro and serve.

Tips: *Cauliflower:* Great roasted (with garlic and/or cheese), steamed, sautéed, pureed (as a soup base or thickener) or eaten raw with a dip.